

ASSIGNMENT – XI
SUB- PHYSICAL EDUCATION

TOTAL MARKS: 15

- 1.WHAT IS THE ROLE OF YOGA IN SPORTS. (2)**

- 2.WRITE IN BRIEF BENEFITS OF ASHTANGA YOGA. (2)**

- 3.EXPLAIN THE WORD ASHTANGA YOGA. (2)**

- 4.WRITE THE DEFINITION OF YOGA. (2)**

- 5.DEFINE PARANAYAMA. (2)**

- 6.NAME THE EIGHT LIMBS OF ASHTANGA YOGA. (2)**

- 7.WHAT DO YOU MEAN BY YOGIC KRIYAS ENLIST
THE YOGIC KRIYAS. (3)**